

FROM ASPIRATION TO ARTICULATION

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Orthopedic surgery resident

Israel



Bachelors in
Emergency
Medicine



2014
1st year in
MSE



2017
Transfer to Bar-Ilan
University, Israel



2020
Graduation!



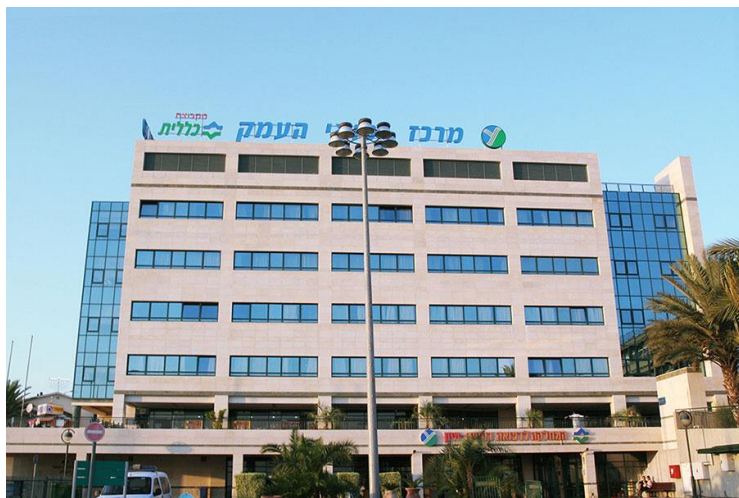
2021
Internship

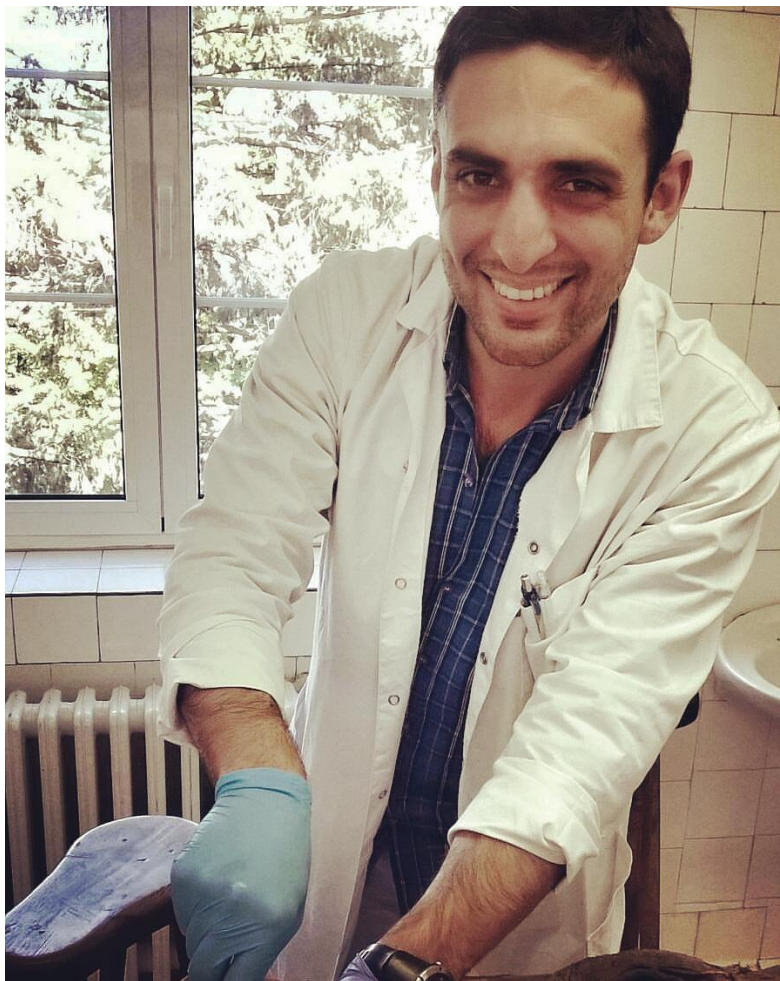


2022
Start residency



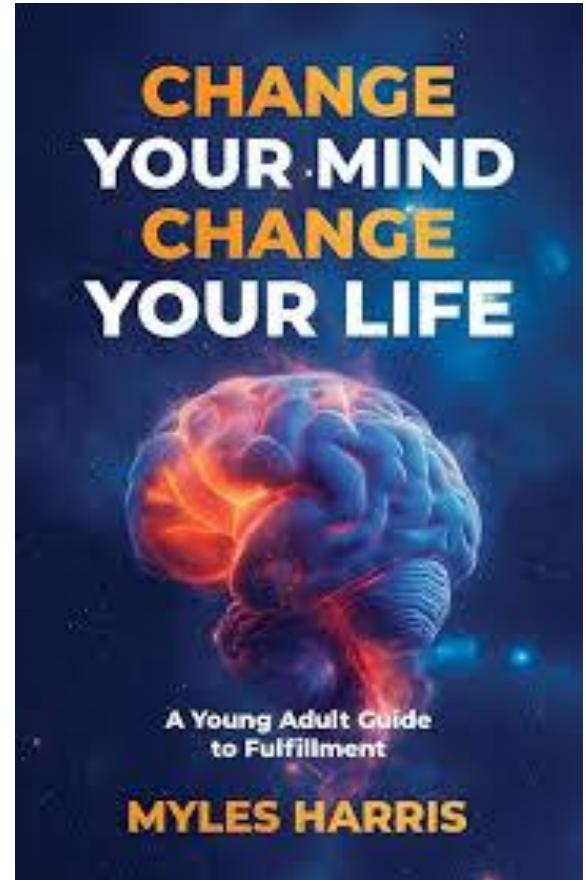
Today:
Can't remember anything
related to medicine...





IT'S NEVER TOO LATE TO CHANGE YOUR MIND

- Emergency medicine
- Internal medicine
- Neurology
- General surgery
- OBGYN
- Anesthesiology and intensive care
- Cardiology
- Neurosurgery
- Orthopedic surgery



OVERVIEW OF MEDICAL RESIDENCY IN ISRAEL

- Many graduates, >60% graduated abroad.
- Competition for any specialty, both internal and surgical fields.
- Obvious advantage for Israeli medical school graduates.
- 30 specialties, 26 sub-specialties.
- Residency length: 4-6 years
 - 6 months of basic science
 - Rotations according to syllabus
 - Option for rotation abroad
- 2 major exams: one written exam (between 30-60% passing rate), one oral exam.

REQUIREMENTS FOR RESIDENCY

- For graduates from outside of Israel → licensing exams / USMLE (step 2).
- For non-Israeli citizens: no visa requirements, but you do need an invitation from the hospital you want to attend to.
- Not mandatory, but **always recommended**:
 - Participation in research projects
 - Academic excellence
 - Previous clinical experience - physician assistant, combat medic, first responder
 - Letters of recommendation
- **No one is going to ask about your grades...**

INTERNSHIP

- *Do your internship where you want to do your residency!!*
- **Lottery** between all graduates in the same year (Israeli and abroad graduates separately).
- **This is your time to shine** 😊
- **Plan** in advance: students who completed the USMLE can start their internship earlier than those who take the licensing exam.
- **12 months**: 3 internal medicine, 2 surgery, 2 pediatrics, 1 anaesthesiology / ICU, 1 emergency medicine, 2 electives, 1 month vacation.
- All mandatory rotations are completed at the same facility. 2 months of elective can be completed anywhere → **choose wisely**.
- Salary ~ 2,000-2,500 euros/month.

HOW TO INCREASE MY CHANCES FOR MATCHING?

- “matching”...
- Options for residency: 25 general hospitals + psychiatry and rehabilitation hospitals + national institute of forensic medicine.
- Be active, show interest, don't be lazy.
- Choose your electives based on the specialty you seek, residential area, spouse / family considerations.
- Research!
- Observership / house doctor on-call.
- Might take up to 3 years for highly desirable departments.

PERSONAL INSIGHTS AND REFLECTIONS

- Central vs. Peripheral hospitals.
- Early start of internship = early start of residency.
- Invest in your CV → research, teaching position, volunteering, past clinical experience.
- Senior doctors look for added value – share your story!



TAKE HOME MESSAGE

- Internship year should be used to learn REAL MEDICINE!
- While in school / internship – invest in your academic background.
- Decide what you want to do as early as possible.
- Don't be afraid to change your mind.
- There is no perfect department, consider when you want to spend you next 4-6 years.
- Personal experience and added value are more important than grades.
- I'm here for you.



